What Is Claimed Is:

1. A weight lifting exerciser with frames, an adjustable cushion and an upright post comprising:

a magnetic resistance device and a resistance adjusting element provided at a proper place of said frame; and

pulling elements, a plurality of pulleys and pulling grips provided for the user to carry out the pulling movement;

wherein the improvement is characterized by:

said resistance adjusting element being used to control the resistance value created by said magnetic resistance device, thereby offering a proper exercise resistance; and

an automatic coiling apparatus being used to store the reactive energy provided by both pulling elements so that, when the pulling force to said pulling elements disappears, the reactive energy will bring them to the original position.

2. The weight lifting exerciser as recited in claim 1, wherein said resistance adjusting element is an electronic or a manual adjusting mechanism.

3. The weight lifting exerciser as recited in claim 1, wherein said resistance adjusting element works with a heartbeat sensor together with a microprocessor and a built-in software while the personal heartbeat parameter inputted is used as reference value in adjusting the exercise resistance.

4. A weight lifting exerciser comprising a magnetic resistance device to be source providing exercise resistance and a resistance adjusting element to adjust the exercise resistance.

5. The weight lifting exerciser as recited in claim 4, wherein said resistance adjusting element is an electronic or a manual adjusting mechanism.

6. The weight lifting exerciser as recited in claim 4, wherein said resistance adjusting element works with a heartbeat sensor together with a microprocessor and a built-in software while the personal heartbeat parameter inputted is used as reference value in adjusting the exercise resistance.

7. A weight lifting exerciser comprising frames, an adjustable cushion, an upright post, a magnetic resistance device movable through a shaft, a resistance adjusting element and pulling grips, said magnetic resistance device having a coiling wheel, a unidirectional flywheel and an automatic coiling apparatus;

wherein the improvement is characterized in:

a magnet set being fitted to one side of the unidirectional flywheel in such a manner that said magnet set is situated at the rim of said unidirectional flywheel and kept slightly away therefrom without contact therewith; and

an electronic resistance adjusting element being utilized to drive said magnet set for adjusting the clearance between said unidirectional flywheel and said magnet set so as to obtain an expected exercise resistance.

8. The weight lifting exerciser as recited in claim 7, wherein said resistance adjusting element is an electronic or a manual adjusting mechanism.

9. The weight lifting exerciser as recited in claim 7, wherein said resistance adjusting element works with a heartbeat sensor together with a microprocessor and a built-in software while the personal heartbeat parameter inputted is used as reference value in adjusting the exercise resistance.